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Bangalore Mirror

TEMP Max 29 | Min 22 | Humidity 69% Partly cloudy Sensex 54,470 | Nifty 16,301 | Gold 51,193 | Silver 61,993 | Dollar 77.44 | Euro 81.64 | GBP 95.55

How a group of walkers are fostering a symbiotic relationship with nature, tending to 12,000 saplings in 15 acres

NATURAL SELECTION

Group nurturing Biopark, part 8 at Jnanabharathi Campus

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TWEETS @BangaloreMIRROR

Most walkers at parks, for instance, Cubbon Park or Lalbagh Botanical Garden, either assert their rights or demand authorities concerned to provide facilities, including planting of saplings. They are often of the opinion that ensuring green cover is the responsibility of the horticulture department. On the other hand, there are some walkers who consider planting saplings as their responsibility towards nature. They not only plant saplings but also water them daily.

While most Bengalureans are busy with their routines, some citizens from NGEF Layout, SBI Colony, and nearby areas, regularly visit the Biodiversity Park at Jnanabharathi Campus to nurture the saplings they planted. They have formed Jnanabharathi Vayuviharigala Sangha (JVS) to tend to the patch. Initially, they used to take part in clean up drives and such, but for the last two years they are involved

CONTINUED ON PAGE 6 »

"There are 16 parts in the Biopark... Plants species from Kodlipet and Ankola regions of the Western Ghats were brought in.. – Prof TJ Renuka Prasad, president, JVS

Report a weak tree

'In the last few days, more than 25 trees fell in Bommanahalli zone alone'

| Sridhar.Vivan@timesgroup.com

TWEETS @sridharVMIRROR

Soon, Bengalureans can report weak trees that pose danger of falling during rainfall to the Bruhat Bengaluru Mahanagara Palike.

Every year, the city loses hundreds of 'weak' trees during thunderstorms. In fact, this year, there have been scores of tree falls already across the city.

'Weak' trees are also dangerous to human life. In the last few weeks, there have been reports of a tree falling down on a bus and in another instance on an auto. However, there has been no loss of life. In the past, many have lost lives coming under a falling tree.

This year, the BBMP has counted there are at least 100 such 'dangerous' trees in the city which need urgent tending to. However, the numbers may be much more. BBMP chief commissioner Tushar Girinath said, "We had recently asked the forest wing to survey weak trees in the city and their report pointed out that there were 100 such trees. However, we feel the numbers are more as in the last few days, more than 25 trees have fallen in just Bommanahalli zone. Now, one can assume how many such trees are present across the city. Hence, we have asked the forest department to conduct a fresh survey of these trees."

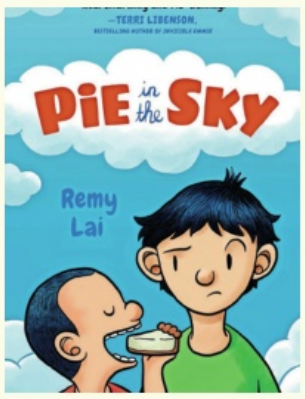
Girinath added that Bengalureans can join hands to identify such trees. "If citizens find such trees in their neighbourhood, they can forward/upload the details to us. Our officials will visit the spot and do a follow-up. We will also display the list of

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Book talk for kids

Renowned author and illustrator of children's books and middle-grade graphic novels Remy Lai in her book 'Pie in the Sky' takes readers through the story of a 10-year-old boy Jingwen and his brother who immigrate to Australia with their mother. During her session at the NLF Reading Challenge 2022, Sid Fleischman Award Winner for Humour Remy Lai will talk to young readers about the alienation that immigrant children experience and how they overcome differences by finding comfort in the simplest things.



Where: Online
When: May 10, 5.00 pm
Register: bit.ly/37ZAND3

02 Elements of nature

Check out art show 'Elements' by artists Amrish Malvankar, Architect Shailesh Parwatkar, and Visual Artist Jude Gabriel. This is a collection that captures a new beginning. The fundamental elements of earth, wind, fire, and water aims to inspire art patrons to think in a new direction about how we can find our balance with the elements.

Where: Karnataka Chitrakala Parishath
When: May 11 – May 15, 11:00 am to 6:00 pm

03 Write Out Loud

Lahe Lahe brings to you an evening of baring your soul on paper. Every Tuesday, participate in a heart-plucking session of poetry, and good company. Come, share your poetry in a circle and unwind.

Where: Lahe Lahe, Indiranagar
When: May 10, 7.30–9.30 pm
Contact: 9886294444

PHC docs to address matters of the mind

Health workers are being trained to treat anxiety, phobia, depression, and others

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Due to an acute shortage of mental health professionals and a rampant increase in mental health cases, Primary Healthcare Centre (PHCs) doctors are being trained to diagnose and treat mental health issues along with other diseases.

To incorporate mental health treatment as part of primary health care, PHC doctors are being trained to provide psychiatric care. According to experts, out of 100 people, 1-2 per cent suffer from severe mental disorders but 30 per cent suffer from general disorders like anxiety, phobia, depression, sleep disorders, and addictions.

Despite the high numbers, experts highlight that people avoid getting treatment, practice self-medication or go to general practitioners who are well-versed with mental health issues.

"Almost 100 PHC doctors have been trained to treat mental health issues. These doctors will be focusing on general disorders like depression, anxiety and substance disorders. For more severe cases, they will be referred to specialists like NIMHANS," said Dr Vikram Arunachalam, consultant psychiatrist for BBMP.

Every Tuesday, PHC doctors been specially assigned for mental health cases in Manochaitanya Clinics.

"These doctors will be trained by our department and will be provided with certification. Training will keep happening periodically and specialists will be available in case the PHC doctors fail to diagnose. However, they have been authorised to identify the disorder, start treatment including medications, and counsel patients, The PHC pharmacy has been stocked with the required medicines for the treatment," he added.

At a Mysuru PHC, citizens line up to avail of healthcare facilities during the pandemic

> **"Training will happen periodically and specialists will be available in case they cannot diagnose the issue**
>
> –Dr Vikram Arunachalam, consultant psychiatrist for BBMP

In cases where the treatment is not efficient, they will be referred to specialists in NIMHANS, Bowring, and Victoria hospital. Along with the BBMP team, NIMHANS also trains them once a week.

In addition to doctors, paramedical staff has also been trained and sensitised about mental health. "We are also training Asha workers to equip them to screen for mental health issues along with inoculation drives. We are also doing gate-keepers training where high school and college teachers, and police officers can also play a role in identifying mental health issues."

The initiative has been in place since 2016 in BBMP. He also noted that the number of patients was increasing. Previously, patients were referred to NIMHANS for mental health issues but now they are treated in PHCs. PHCs provide confidentiality and privacy to the patients without the stigma of visiting a mental health clinic or hospital, he added.

Explaining the rationale behind the initiative, Arunachalam noted that there was an acute shortage of mental health professionals and it's not possible for psychiatrists to be everywhere. The task is being carried out in all the districts in Karnataka as part of the National Health Program. While the initiative has existed since 1982, it is picking up now.

But time constraints seem to be the primary problem in implementation. "PHC doctors are often busy and it's difficult to cater to mental health patients, especially with rising Covid cases. While a general OPD finishes in 5 minutes, psychiatric consultations take an average of 30-45 minutes," he added.

Noting that it's a myth that mental health issues stem from stress alone but there are various other genetic, socio-economic factors. "Stress only forms 20-25 per cent of the cases. The rising involvement in the digital age and lack of interpersonal relationships could greatly contribute to it as well. Currently, we are only focusing on adults and adolescents but we are planning on training for children as well this year onwards.

"Long term exposure to screens through digital education could seriously affect a child's mental health. It could impact the brain rhythm, deprive them of life skills, lead to chronic stress and affect brain neurohormones. We have also seen a rise in suicide cases with the highest seen in 15-25 age category," he added.

India's first hybrid EV, available near you

The 'New City e:HEV' car was launched at Whitefield Honda by Business Head Ramdas M and Dr Sridhar Reddy. The car is India's first strong hybrid electric vehicle (EV) in the mainstream segment.

It features revolutionary self-charging, highly efficient 2-motor strong hybrid system offering exhilarating performance, outstanding fuel economy of 26.5 kmpl and ultra-low emissions.

Bookings commenced on April 14 after Honda Cars India Ltd., leading manufacturer of premium cars in India, unveiled the much-awaited model. The company reiterated its global vison to realise carbon neutrality and zero collision fatalities by 2050.

The car was developed under the concept of "Ambitious Sedan" with advanced hybrid driving technology and embodies supremacy in every detail, ranging from its style, performance, space, comfort, connectivity and safety.

This self-charging hybrid electric car is expected to be a game changer and a practical solution, say experts.

The model was developed as an 'ambitious Sedan'; bookings commenced April 14

HERE WE ARE NOW, ENTERTAIN US

Trio on a donation-collection spree run into big trouble after RWA goes to cops over 'extortion'

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Imagine three well-built men, dressed in whites, laden with gold jewellery barge into your house, make themselves at home and start a conversation, drop names big-time, claim they are temple trustees and demand a donation. Their demands start at Rs 10,000 as donation for cement, steel and sand for temple construction. What would you do?

For a dozen residents of Sir M Vishweshwaraiah Layout 6th block, this was not a hypothetical scenario. Many residents had a rude shock when such donation collectors landed up at their door. Sevaral residents, retired government employees, complained at the Residents Welfare Association (RWA) meeting about the men who 'forcefully entered houses and demanded donations for a temple under construction in Bidadi'.

A resident who owns a three-storey building, in front of the Ullal lake, told Bangalore Mirror that the trio came in a car. They stopped in front of houses and asked for the head of the house. "They would walk in, and even take a seat," said a resident. As soon as the head of the house shows up, the men introduce themselves as temple trustees, drop the names of bigwigs in and around the area and straight away demand a hefty donation for building a temple in Bidadi.

The donation collectors captured on CCTV

One of the residents asked the trio that if they were building a temple in Bidadi, which was 17 km away, why were they collecting donations here, they said

> **"Ranging from ₹200-10,000, they ensured that most residents made donations, either by cash or online**

they wouldn't leave without getting a donation. "Ranging from Rs 200-10,000, they made sure that the residents make the donation payments either by cash or online. They would not accept any cheques. They also did not offer any receipts for the donation," said another resident.

The trio targeted houses with smaller families. "The Whatsapp group of SMV Layout 6th block's Residents Welfare Association was buzzing with posts from several residents that they have encountered this gang of three. There are several who had given them Rs 500 to Rs 2,000," said a homemaker resident.

A retired government employee who wished to remain anonymous said he had to plead with the trio that he was a retired government employee with a small pension and so he could not contribute more than Rs 300. The trio, it is alleged, smirked at that, but took the money too.

The RWA office bearers took up the issue with the jurisdictional Jnanabharathi police with a complaint. The Jnanabharathi police, on Sunday, summoned the trio for questioning after they traced their vehicle registration to Bidadi. The police identified the trio as Nagaraj, Kumar K, Prasad Kumar, all the three aged between 35 and 37 told the cops that they are temple trustees and residents of Maruthi Nagar in Bidadi.

At the police station, they pleaded innocence and said they had not extorted anyone. They said they are agriculturists in Bidadi. When the police sought documents such as receipt or trust deed, they said they had formed a trust with the Shaneeshwara temple, but wanted to build an Anjaneya temple in Bidadi. The police let them go after which the RWAs escalated the matter to the Deputy Commissioner of Police's office after which the trio was summoned again, and their apologies were taken in writing along their Aadhar card copies. They were sternly warned to not indulge in any such acts of collecting donations.

After bus crashes into Metro pillar, blame game over bad road is afoot

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After 26 passengers of a Karnataka State Road Transport Corporation (KSRTC) bus were injured in a crash in the wee hours of Monday, citizens have blamed the bad road conditions for the accident. The bus had crashed into a Metro rail pillar at Kengeri.

According to police, the bus was coming from Madikeri, the district headquarter town of Kodagu, when the driver lost control of the vehicle near a petrol pump and crashed into the pillar.

The bus crashed into a Metro pillar in Kengeri

While residents say it is the bad roads that caused the mishap, the BBMP sought to put the blame on BMRCL. The BBMP said Metro officials have remained non-cooperative due to which the road is a mess.

A senior BBMP official has issued a press release stating that the road condition was bad due to Metro construction and BBMP had sought funds from Metro to take up the road repair work. However, the Metro was yet to release the funds and so the road could not be repaired, the release stated.

Case against driver

A case of negligent and rash driving has been registered against the bus driver. Meanwhile, Metro officials said there was no damage to the pillar.

A release from BMRCL said, "The bus had crashed onto the median, handrails and crash barrier of pier 545 between Jnananbharati and Kengeri Metro stations.

The site was inspected by senior BMRCL officials and it was found that there were only superficial scratches without any structural damage as a crash barrier has been provided on all piers. Metro operations are safe."

FAKE NEWS BUSTER MIRROR

CALM DOWN, PFIZER V-P HAS NOT BEEN ARRESTED

THE CLAIM

On several websites and social media sites a claim was made that the executive vice president of the pharmaceutical company Pfizer Inc., Rady Johnson, has been arrested after some documents related to the development of covid-19 vaccine were released.

SO, WHAT'S THE TRUTH?

According to a Snopes fact check, Rady Johnson has neither been arrested nor charged with fraud or any other crime. No mainstream news sources have reported such an incident. The fake news appeared on the website of Vancouver Times, after which it spread online. The news makes a claim that he has been charged on several accounts for fraud. But no information in the claim is true. The claim that Pfizer documents had put the V-P in the dock are untrue.

BUST FAKE NEWS WITH MIRROR

9591233247

Let's separate the news from the noise, Bengaluru. Tell us about that incredible-sounding story/news/alert that you've received on WhatsApp or social media and Bangalore Mirror researchers and editors will see if it checks out. If it doesn't, we'll call it out

TOPCOMMENTS

Flyovers are not solution to city's expanding traffic woes

Our story 'Palike gets green signal for MS Palya flyover' has got a few angry responses. **A reader Pravin Sharan writes**, Bengaluru already has many flyovers yet roads are congested, traffic jams are the norm. Construction of a new flyover would pose grave difficulties to everyone and add to air pollution during the period of construction. And may be three to five years after construction, due to increase in the number of vehicles, congestion would come back to today's level. Hence a complete solution to traffic woes in the city calls for penalty to the motorists who add to congestion and jam. Ajoy Saraf writes, at least we hope Tushar Giri nath speeds up pending projects that were left hanging by his predecessor.

WEBHITS

3 most-read articles on the Mirror site

- Green signal for MS Palya Jn Flyover
- Come join the joy EV ride
- Nails, not out of the woods, yet

Digital fix for city potholes

BBMP engineers must update mobile app regarding potholes, repair works

Sridhar.Vivan
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TWEETS @sridharVMIRROR

Public can check updates on pothole fixes via app by next week. Inset: Galleries of the recently inaugurated Atal Bihari Vajapayee grounds blown away by winds

BBMP has decided to use a mobile application to ensure city roads become pothole-free. This will help deal with cases in which potholes are found unattended or resurface even after officials claim to have repaired the road. It is mandatory for BBMP engineers to register each pothole on the Fix My Street application.

For now the application is restricted to internal use but by next week the public will be able to access the app to check if a pothole has been filled or not and give feedback to the Palike.

So, the task given to assistant engineers is to first identify the potholes. Then these potholes should be geo tagged and registered on the app. Then, the pothole size should be measured and fixed scientifically.

Zonal commissioners will review one per cent of such uploads randomly to ensure the work is done properly. Chief engineers have been asked to do random checks of five per cent of the works and the executive engineers are entrusted with 30 per cent of the works. Though the app was developed a while ago, it had many technical issues which are now being rectified.

BBMP Chief Commissioner Tushar Girinath said that it is the duty of the engineers to ensure no potholes on arterial and sub-arterial roads. Python machines are being used to fix potholes across 182 kilometres in the city. There are claims that many roads where white-topping works are yet to begin are in a bad shape. Girinath has suggested potholes must be fixed even on such roads before taking up white-topping works.

> **Technically, the structure should have withstood the intensity of this squall. We will conduct an inquiry** –Tushar Girinath, Chief Commissioner, BBMP

Poor quality of work exposed

How do you rate the quality of works done by Bruhat Bengaluru Mahanagara Palike (BBMP)? The contractors empanelled by BBMP are not just bad at laying roads (which are full of potholes) but also constructing various utilities. The city has been witnessing squall for a few days and galleries of the recently inaugurated Atal Bihari Vajapayee grounds have been blown away by the winds.

Shocked by the development, Girinath has now decided to make the contractor pay for the poor quality work. Girinath said, "Technically, the structure should have withstood the intensity of this squall. Now, we will conduct an inquiry into the whole project. We have decided to reconstruct the gallery at his own cost besides planning to take action against the contractor for the poor quality of work."

Chief Minister Basavaraj Bommai had inaugurated this stadium at HSR Layout on March 1. Following rainfall and winds, two galleries have been blown away from the stadium. While one of them was struck to a nearby tree, another fell on the parked vehicles and damaged them. Even the granite slabs are damaged.

Hundred pleas unheard in Kodathi

Residents complain road is filled with silt, turns slushy during rains, is very dangerous

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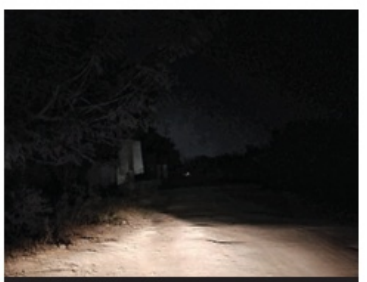


The area lacks basic facilities like usable, safe roads

More than 2,000 families have been living at the Assetz 63 Degree East apartment complex at Kodathi village. While the apartment complex looks like a good place to live, the situation on the outside is terrible. Residents do not have access to basic facilities like smooth roads to commute by.

While the Chikkanayakanahalli Halli road works have started after multiple pleas from locals, the request to fix the road near the apartment complex, has gone unnoticed. Bangalore Water Supply Sewerage Board (BWSSB) had dug the road to fix pipelines.

Though their request to the local panchayat still remains, yet they are not sure if anyone will come to their help, as multiple pleas haven't been considered.

Residents were demanding for an interim road solution from the Circle to Assetz, which will be a 700 m extension according to them. They said BWSSB will take months or years to restore the road and one cannot wait for so long. The extension will benefit many families residing close by.

"This road desperately needs assistance. It needs to be fixed. It's been more than a year since people have been residing at the apartment complex without basic infrastructure," a resident said.

The residents pointed out that they are even deprived of street lights.

"The road is full of silt, uneven and dusty. One cannot even walk by the road due to pollution. It looks like a dirt race track and people who travel via cars are finding it difficult to commute. It is even more dangerous for bike riders as the road is uneven," said a resident.

The residents pointed out that so far over 100 requests have been made yet nothing has been done to fix the roads.

"We get reasons like rain... We waited for the rains to end last year and even now... All we get is false promises that the work will be done but nothing is considered. When it rains the entire road gets slushy. Easily permission and orders are given to dig, but orders are not given to fix back the roads. Only if something serious happens like when people lose their lives due to accidents, then maybe the government will think of fixing it," said another resident.

whatsapp MIRROR
9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Encroachment alert

St John's Road

The newly laid footpath on St John's Road across the post office is being encroached.

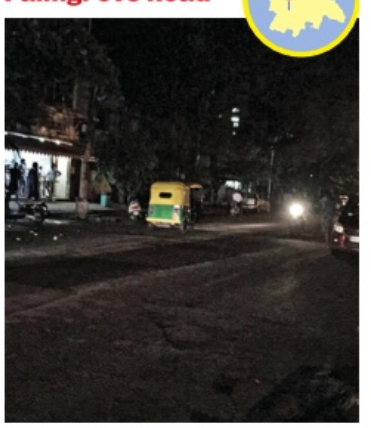
Quick solution

RT Nagar

BBMP promptly resolved a complaint here by dealing with exposed wires. This is in Sri Hanuman Layout.

Dark nights

Palmgrove Road



The road is shrouded by darkness at night and despite several complaints BBMP is yet to resolve the issue.

ಬೆಳಗಾವಿ ಜಿಲ್ಲೆಯ ಚಿಕ್ಕೋಡಿ ತಾಲೂಕಿನ ಅಂಕಲಿ ಗ್ರಾಮದಲ್ಲಿ ಪ್ರತಿಷ್ಠಾಪಿಸಲಾಗಿರುವ

ಭಾರತ ಸ್ವಾತಂತ್ರ್ಯ ಹೋರಾಟದ ಬೆಳ್ಳಿಬುಕ್ಕಿ, ಹೋರಾಟದ ಕಿಚ್ಚನ್ನು ಹಚ್ಚಿದ ಪ್ರಪ್ರಥಮ ವೀರ ಸೇನಾನಿ

ವೀರರಾಣಿ ಕಿತ್ತೂರು ಚೆನ್ನಮ್ಮರವರ ಅಶ್ವಾರೂಢ ಕಂಚಿನ ಪುತ್ತಳಿಯ

ಅನಾವರಣ ಸಮಾರಂಭ

ಮಂಗಳವಾರ ದಿನಾಂಕ 10/05/2022 ರಂದು

ಸಾಯಂಕಾಲ 5.00 ಗಂಟೆಗೆ

ಪುತ್ತಳಿಯ ಅನಾವರಣ

ಪದ್ಮವಿಭೂಷಣ ಶ್ರೀ ಶರದರಾವಜೀ ಪವಾರ

ರಾಜ್ಯಸಭಾ ಸದಸ್ಯರು

ಅಧ್ಯಕ್ಷತೆ

ಮಾನ್ಯ ಶ್ರೀ ಪ್ರಭಾಕರ ಬಸಪ್ರಭು ಕೋರೆ

ಚೇರಮನ್ನರು, ಕೆ.ಎಲ್.ಇ. ಸೊಸಾಯಿಟಿ, ಬೆಳಗಾವಿ

ಸರ್ವರಿಗೂ ಆದರದ ಸ್ವಾಗತ

ವೀರರಾಣಿ ಕಿತ್ತೂರು ಚೆನ್ನಮ್ಮ ಮೂರ್ತಿ ಪ್ರತಿಷ್ಠಾನ ಸಮಿತಿ

ಅಂಕಲಿ, ತಾ. ಚಿಕ್ಕೋಡಿ, ಜಿ. ಬೆಳಗಾವಿ

ಚಿದಾನಂದ ಬಸಪ್ರಭು ಕೋರೆ ಸಹಕಾರಿ

ಸಕ್ಕರೆ ಕಾರ್ಖಾನೆ ನಿಯಮಿತ, ಚಿಕ್ಕೋಡಿ, ಜಿಲ್ಲಾ ಬೆಳಗಾವಿ

200 ಕೆಎಲ್‌ಪಿಡಿ ಇಥೆನಾಲ್/ಡಿಸ್ಟಿಲರಿ ಘಟಕದ ಅಡಿಗಲ್ಲು ಸಮಾರಂಭ

ಮಂಗಳವಾರ 10 ಮೇ, 2022 ಸಂಜೆ 4.00 ಗಂಟೆಗೆ, ಸ್ಥಳ: ಚಿಕ್ಕೋಡಿ ಕಾರ್ಖಾನೆ ಆವರಣ

ಮುಖ್ಯ ಅತಿಥಿಗಳು

ಪದ್ಮವಿಭೂಷಣ ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಶರದರಾವಜಿ ಪವಾರ

ರಾಜ್ಯಸಭಾ ಸದಸ್ಯರು

ಅಧ್ಯಕ್ಷತೆ

ಡಾ. ಪ್ರಭಾಕರ ಬ. ಕೋರೆ

ಕಾರ್ಯಾಧ್ಯಕ್ಷರು, ಕೆಎಲ್‌ಇ ಸಂಸ್ಥೆ, ಬೆಳಗಾವಿ

ಮಾರ್ಗದರ್ಶಕರು, ಚಿ.ಬ.ಕೋ.ಸ.ಸ.ಕಾ., ಚಿಕ್ಕೋಡಿ

ಗೌರವಾನ್ವಿತ ಅತಿಥಿಗಳು

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಎಸ್. ಟಿ. ಸೋಮಶೇಖರ

ಸಹಕಾರ ಸಚಿವರು, ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಉಮೇಶ ವಿ.ಕತ್ತಿ

ಅರಣ್ಯ, ಆಹಾರ, ನಾಗರಿಕ ಪೂರೈಕೆ ಹಾಗೂ ಗ್ರಾಹಕ ವ್ಯವಹಾರಗಳ ಸಚಿವರು, ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಸನ್ಮಾನ್ಯ ಶ್ರೀ ಲಕ್ಷ್ಮಣ ಎಸ್. ಸವದಿ ಎಂ.ಎಲ್.ಸಿ.

ಮಾಜಿ ಉಪಮುಖ್ಯಮಂತ್ರಿಗಳು, ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಆಮಂತ್ರಿತರು

ಶ್ರೀ ಧುರ್ಯೋಧನ ಮ. ಐಹೊಳೆ

ಶಾಸಕರು, ರಾಯಬಾಗ

ಶ್ರೀ ಗಣೇಶ ಪ್ರ. ಹುಕ್ಕೇರಿ

ಶಾಸಕರು, ಚಿಕ್ಕೋಡಿ-ಸದಲಗಾ ಮತಕ್ಷೇತ್ರ

ಉಪಸ್ಥಿತಿಯಲ್ಲಿ

ಶ್ರೀ ಅಣ್ಣಾಸಾಹೇಬ ಶಂ. ಜೊಲ್ಲೆ

ಲೋಕಸಭಾ ಸದಸ್ಯರು

ಶ್ರೀ ಮಹಾಂತೇಶ ಮ. ಕವಟಗಿಮಠ

ಮಾಜಿ ವಿಧಾನ ಪರಿಷತ್ ಸದಸ್ಯರು ಹಾಗೂ ಸರ್ಕಾರಿ ಮುಖ್ಯ ಸಚೇತಕರು

ಶ್ರೀ ಅಮಿತ ಪ್ರ. ಕೋರೆ

ನಿರ್ದೇಶಕರು, ರಾಷ್ಟ್ರೀಯ ಸಹಕಾರಿ ಸಕ್ಕರೆ ಕಾರ್ಖಾನೆಗಳ ಮಹಾಮಂಡಳ ನಿ., ನವದೆಹಲಿ

ಸರ್ವರಿಗೂ ಆದರದ ಸ್ವಾಗತ

ಆರ್. ಟಿ. ದೇಸಾಯಿ
ವ್ಯವಸ್ಥಾಪಕ ನಿರ್ದೇಶಕರು

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ಆಡಳಿತ ಮಂಡಳಿಯ ಸದಸ್ಯರು, ಸರ್ವ ಸದಸ್ಯರು ಹಾಗೂ ಕಾರ್ಮಿಕ/ಸಿಬ್ಬಂದಿ

Bommai's Delhi visit sparks talk about cabinet rejig

Chief Minister Basavaraj Bommai's New Delhi visit, amid speculations about the cabinet expansion or reshuffle, has raised hopes among ministerial aspirants.

He will be travelling to Delhi on Tuesday morning and his return schedule to Bengaluru on Wednesday has been kept 'open'.

Though there is no mention about Bommai's meeting with BJP's central leadership in his official tour programme, according to some party sources, he may seek their appointment and hold discussions, as

he is halting in Delhi on Tuesday night.

As per the tour programme, released to media on Monday, he is expected to meet several Union Ministers on Tuesday and in the evening will be holding interactions with ambassadors of various countries regarding 'Invest Karnataka 2022' - Global Investors Meet, which is scheduled to be held in November.

Bommai had recently said that he is ready to go to New Delhi to discuss the cabinet exercise, as soon as the BJP central leadership calls him.

Karnataka BJP strongman B S Yediyurappa last Friday had hinted that the much-awaited expansion or reshuffle, may take place before May 10. The former CM had said Prime Minister Narendra Modi will soon take a decision in this regard. **PTI**

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Back to Nature

Borewell that supplies water to Biopark

CONTINUED FROM PAGE 1

actively in developing Biopark, part 8. They have roped in a retired professor of Bangalore University as the president of JVS to guide them.

Professor TJ Renuka Prasad, president of JVS, said the volunteers have been associated with the development and maintenance of the Biopark.

"Plants species from Kodlipet and Ankola regions of the Western Ghats were brought in. Rotary Nagarabhavi Dr Mahesh and others joined hands alongside Adamya Chetana. Ramesh Bhat helped in the construction of the bore well and installed a pump-set, overseeing power connection aspects. Sujay Irrigation Co. managing director Mruthynjaya helped to set up the drip irrigation system to conserve water and continues to provide help for this part of Biopark," professor Prasad told BM.

He added that he preferred the trench/pit planting method for optimum use/harvest of rainwater at the Biopark.

"Walkers Omkarappa, Kamalakar, Channabasappa, Ramachandra Shetty, Ramesh Shetty and a few youngsters have joined hands to develop the Biopark. BN Ananda, founder president and Gowdaiah, secretary of JVS, are doing great service. KLE Law College Green Lawyers Club has also joined hands in planting and weeding," he said.

"There are 16 parts for the Biopark at Jnanabharathi Campus. Part 1 of the Biopark was developed 20 years ago by environmentalist Dr AN Yellappa Reddy; this section is also enriched by JVS," Prasad explained.

"A major portion of the well-developed Biopark part 1, with many check dams and Kalyanis, was leased out in 2020. A protest march was conducted by walkers and a memorandum was submitted to the vice-chancellor in the presence of police officers so as to cancel the lease. Further, a PIL (public interest litigation) was admitted and a stay order was obtained by city based advocate B Vijaya Kumar," he said.

Kamalakar Chigicherla, who joined JVS two years ago, said that initially he was not interested to join but later decided to join hands with the JVS members taking into account the contribution towards nature. "I found some relief in my knee pain when I began walking mornings and evenings near the Biopark during the covid-19 pandemic. I find working at the Biopark as a good option to get relief from knee pain. I am also encouraging others to join hands with JVS and remain healthy by working at the Biopark, part 8," said Chigicherla, a resident of SBI Colony.

Ramachandra Shetty, a retired employee of NGEF, visits the Biopark every day to switch on and switch off the water pump. "I am at the Biopark at around 6:00 am to switch on the bore well pump-set which supplies water through drip irrigation to more than 12,000 saplings in 15 acres. Others are involved in deweeding for two hours during the weekends," said Shetty.

Meanwhile, Gowdaiah, secretary, JVS, expressed disappointment over the lack of support from Bangalore University for the Biopark. "The vice-chancellor had attempted to hand-over a well-developed Biopark for other purposes. There is no security for Biopark, part 8. Stray cattle are oftentimes seen eating well-grown saplings," rued Gowdaiah.

Fresh survey of weak trees

CONTINUED FROM PAGE 1

dangerous trees on our website shortly." However, the bigger challenge for the civic agency is to remove such trees.

"If it is a dead tree, then we can remove them in a day or two. However, if it is a living tree, there are a number of procedures to be followed," he noted.

Green activists, meanwhile, said the city was losing precious trees due to bad planning. "There have been illegal diggings around trees that have definitely weakened some of these trees. There are instances where the entire roots of trees are concretised or asphalted over. Clearly, we don't know how to take care of our trees and indirectly we are responsible for weak-

ening them. Once the roots are weakened, the trees are surely at the risk of falling down. In the last few years, Bengaluru is receiving heavy rainfall and experiencing gusty winds. So, we suggest people to stay away from under the trees during rainfall," said Harsha S, a green activist.

More rain?

The Met department has predicted rainfall in the city for the next couple of days. According to the latest forecast by IMD, Bengaluru may experience a generally cloudy sky with rain/thunderstorms. Surface winds are likely to be strong and gusty at times. The maximum and minimum temperatures are likely to be around 32 and 21 degrees Celsius respectively for the next 48 hours. Meanwhile, rainfall occurred at most places over south interior Karnataka, a few places over coastal Karnataka and at isolated places over north interior Karnataka on Sunday. The highest rainfall was recorded in Hassan at six centimetres, alongside one centimetre rainfall at EMPRI and KSNDMC Campuses, Hesaraghatta and Nelamangala. The maximum temperature in the state was recorded at Vijayapura at 41 degrees Celsius.

Top spot for K'taka in e-governance

Union Minister assesses states for facilitating ICT tools to empower panchayats; Karnataka bags first prize

Iffath Fathima
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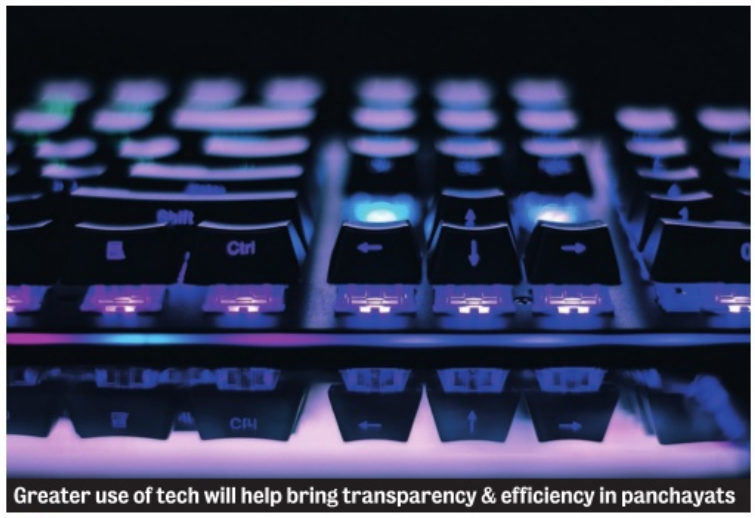
The Karnataka government has won the first place in Category 1 in e-governance initiatives. The prize was conferred by the Union Ministry of Panchayat Raj (MoPR), after assessing top performing States in facilitating the Information and Communication Technology (ICT) tools for empowerment of panchayats.

The Ministry of Panchayati Raj which has been implementing various e-governance initiatives to bring in transparency, efficiency and accountability has been taking cognizance of the efforts being made by the panchayat on ICT at grassroot levels.

Under the E Panchayat puraskar 2022, states' performance was judged based on the performance assessment parameters for adoption of e-gram Swaraj for the assessment year 2020-2021.

The submissions were made by the states online and it was evaluated by the ministry -- Karnataka was judged as the top performing state and was awarded the first prize.

"All the village panchayats in the state have been well established, it is growing in terms of technology and getting better. We have connectivity and even computers. The plan is also to rope in more individuals from the local community to get even better,"



Greater use of tech will help bring transparency & efficiency in panchayats

"Officials will now work harder and implement such activities to empower panchayats in the state — an official

said an officer.

The panchayat officer added that they were happy that their efforts are being recognised by the Union ministry. "Our achievements show that the panchayats are not laid back, as many people think. Now with the gram panchayats making efforts, we are improving lives while even coming up with innovative projects," he said.

Every year, the Union Ministry of Panchayati Raj awards those states that ensure maximum use of information technology to keep a tab on the work done by gram panchayats.

"This recognition will encourage every one. The officials will start to work harder and use the apps developed by the Centre, which will help in building and implementing the e-governance activities to empower the panchayats in the state," said an official.

A few years ago, Karnataka had bagged first place for devolution of funds, functionaries and functions. An award this year again has come as a morale boost for every one to work even harder, the officials said.

Pay more for water?

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Bangalore Water Supply and Sewerage Board (BWSSB) has requested the state government to allow it to increase the monthly water tariff. As per the water board's proposal, the board wants to increase the tariff for domestic users from three to five per cent depending on usage and the tariff for commercial usage from five to eight per cent.

"There has been inflation all around. Recently, BESCOM increase the power tariff which is now hurting our finances. The only option left for us to sustain is to pass it on to the consumers via price hike. The last time we had

"We've proposed a hike of 5% (1,000 litres) for domestic consumption and 8% (1,000 litres) for commercial consumption — an official

revised the tariff was in 2014 and since then there has been no hike. So, we have proposed a hike of five per cent for domestic consumption of every 1,000 litres and eight per cent for commercial consumption per 1,000 litres," a senior official said.

Further, officials said ever since BESCOM increase its tariff, the water board's monthly electricity bill has gone up by Rs 1 crore. Sources said the water board collects close to Rs 110 crore in the form of bills. Out of this Rs 30 crore is spent on maintenance and Rs 12 crore on salaries. Annually, 66 per cent of BWSSB's expenses are spent on paying power bills.

Officials said, earlier, BWSSB had petitioned to increase the water bill as its revenues were severely hit but chief minister Basavaraj Bommai had rejected its proposal. Therefore, a fresh proposal of tariff revision was proposed a few days ago and now the ball is back in the chief minster's court.

Cauvery water for 110 villages by March

The 110 villages that have been made a part of Bengaluru are set to receive water supply by March 2023. As per the agreement with JICA for the fifth stage of water supply, the drinking water package must be completed by August 2023. Based on the progress in the works, BWSSB expects that it can complete the project by March 2023, well ahead of time.

The fifth stage of work was delayed by six months during the first wave of Covid-19 and then for another few months during the second wave. It was further delayed due to weekend and night curfews during the third wave.

The main pipelines in CP-9 and CP-10 packages are installed in the city now. After completing the installation of the pipeline, the road will be restored. On October 12, 2017, administrative approval was given to the fifth stage of the Rs 5,500 crore project.

JICA funded 84 per cent of the project. The state government and BWSSB funded eight per cent each. With this project, the city will get more than 775 MLD of water every day.

Bribe stinker for cop over bizman's drunk driving

Victim says he paid Rs 12,000; cop denies allegation

Bellie.Thomas
@timesgroup.com
TWEETS @Bellie_Mirror

A businessman alleged that he had to pay a bribe of Rs 12,000 to the Bangalore Traffic Police after he was caught driving drunk on MG Road on Saturday night.

Karan Kaushik, 42, a resident of Yelahanka and a civil contractor and architect, told Bangalore Mirror that not only did he have to bear abuses from the police sub-inspector, but he had to transfer Rs 12,000 to the officer's bank account via PayTM after which, his car was released.

Karan along with three of his friends had gone for a party. Around 11.45 pm, the car was flagged near the St Mark's Road signal. PSI Thippeswamy attached with the Ashok Nagar traffic police station was heading the team. When the policemen conducted active and passive breathalyser tests on Kaushik, the passive reading read 56 mg/100 ml.

Thippeswamy then told Kaushik to pay Rs 12,000 as a fine or else the car would be impounded. "When we requested the officer to consider reducing the amount, he started abusing us."

The police then took their car and drove into a nearby building's parking lot. "When we questioned why the car was not being taken to the Ashok Nagar traffic police station, he again became abusive," Kaushik added.

"When we requested him to reduce the fine, he started abusing us — Kaushik

Thippeswamy then asked him to send Rs 12,000. Kaushik did so after which, his car was released.

"The fine amount is Rs 10,000 which is only payable at a virtual court or at the court before a magistrate," said Joint Commissioner of Police (Traffic) Ravikanthe Gowda.

PSI Thippeswamy told Bangalore Mirror that it was true they had booked a DD case against Kaushik and issued a challan. "I don't know anything about any PayTM transaction to any account," he said.

Gowda also told BM that as soon as he gets a complaint from the aggrieved party, he would direct the ACP traffic west to conduct an inquiry.

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For ICICI Bank Limited

 # Bird-hit plane lands safely
A SpiceJet plane from Belgavi to Delhi suffered a bird hit on Monday morning and later landed safely at the airport in the national capital

BangaloreMirror | 8
Tuesday, May 10, 2022
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Sedition law will be re-examined: Centre

Govt also urges SC not to invest time in examining its validity again

#NEW DELHI

The Centre on Monday said it has decided to "re-examine and re-consider" the sedition law by an "appropriate forum", in a change of stance just two days after stoutly defending the colonial era penal law, and also urged the Supreme Court not to "invest time" in examining the validity of its provisions once again.

The Union Ministry of Home Affairs in an affidavit filed before the apex court said the decision was in tune with the views of Prime Minister Narendra Modi on shedding "colonial baggage", noting he has been in favour of protection of civil liberties and respect of human rights and in that spirit, over 1,500 outdated laws and over 25,000 compliance burdens have been scrapped.

"The PM believes that at a time when the country is marking 'Azadi ka Amrit Mahotsav' (75 years since independence), we need to, as a nation, work even harder to shed colonial baggage that has passed its utility which includes outdated laws, colonial laws and practice," it said. Various offences which were causing "mindless hindrances" to people have been decriminalised, it added.

Asserting that it was cognizant of various views and concerns about civil liberties, the Centre at the same time said it was committed to protecting the "sovereignty and integrity of this great nation". In the earlier written submissions on May 7, the Centre had defended the sedition law and the 1962 verdict of a Constitution bench upholding its validity, contending that it had withstood "the test of time" for about six decades and the instances of its abuse would never be a justification for a reconsideration. "Instances of the abuse of provision would never be a justification to reconsider a binding judgment of the Constitution bench. The remedy would lie in preventing such abuse on a case-to-case basis rather than doubting a long-standing settled law declared by a Constitution bench for about six decades," according to the submissions filed through Solicitor General Tushar Mehta.

File photo of a protest against the arrest of climate activist Disha Ravi

> **We need to, as a nation, work harder to shed colonial baggage that has passed its utility which includes outdated laws, colonial laws and practices** –Govt affidavit

A bench of Chief Justice NV Ramana and Justices Surya Kant and Hima Kohli on May 5 had said it would hear arguments on May 10 on the legal question of whether the clutch of pleas challenging the sedition law be referred to a larger bench for reconsidering the 1962 verdict of a five-judge constitution bench in the Kedar Nath Singh case.

The top court, in 1962, had upheld the validity of the sedition law while attempting to restrict its scope for misuse. It had held that unless accompanied by incitement or a call for violence, the criticism of the government cannot be construed as a seditious offence. Agreeing to examine the pleas filed by the Editors Guild of India and former Major General SG Vombatkere, the court had said its main concern was the "misuse of law" leading to the rising number of cases. The Centre's affidavit filed by Mritunjay Kumar Narayan, Additional Secretary of the MHA, said there are divergence of views expressed in public domain by various jurists, academicians, intellectuals and citizens in general.

"The Government, being fully cognizant of various views being expressed on the subject of sedition and also having considered the concerns of civil liberties and human rights, while committed to maintain and protect the sovereignty and integrity of this great nation, has decided to re-examine and re-consider the provisions of Section 124A of the IPC.." it said. **–PTI**

SC stays proceedings before HCs on pleas challenging IT rules

#NEW DELHI

The Supreme Court on Monday stayed the further proceedings pending before the High Courts across the country on petitions challenging the Information Technology (Intermediary Guidelines and Digital Media Ethics Code) Rules, 2021 (IT Rules, 2021) and the Cable TV Networks (Amendment) Rules 2021.

A bench also issued a notice in the transfer petitions filed by the Central government seeking the transfer of the petitions from various High Courts to the apex court. The bench however said that it is not interfering with the interim orders passed by the High Courts at this juncture and that it is issuing notice on the stay applications. The bench now posted the matters for hearing on May 19. Solicitor General Tushar Mehta appearing for the Centre told the bench that the government has already filed a petition to transfer all such matters to the top court and sought a stay on High Courts proceedings.

High Courts of Delhi, Kerala etc have passed interim orders on petitions challenging IT Rules

"Issue notice in all cases where notice is pending. Returnable on May 19. We direct stay of proceedings pending before the High Courts in the respective cases or to be filed hereafter until the next date of hearing involving a challenge to IT rules or cable TV amendment rules which are subject matter of proceedings in this set of cases," the bench stated in its order. **–ANI**

'China's intent has been to keep boundary issue alive'

#NEW DELHI

The basic issue with China remains the resolution of the boundary question but Beijing's intent has been to keep it "alive", Army Chief Gen Manoj Pande said on Monday, asserting that Indian troops are adequately deployed to deal with any situation along the frontier.

Gen Pande said the Army's aim is to restore the status quo ante prior to April 2020 and that guidance has been given to the troops deployed along the border to remain firm and resolute in their tasks.

The Army chief told a group of journalists that Indian troops continue to hold "important positions" along the Line of Actual Control (LAC) and that the Army has a "robust posture" to confront any situation.

"The basic issue remains the resolution of the border. What we see is that China's intent has been to keep the boundary issue alive," he said.

"What we need as a country is a 'whole of nation' approach and in the military domain, this is to prevent and counter any attempt to alter the status quo at the LAC," he added.

Gen Pande, who took the reins of the Army over a week ago, said the diplomatic and military talks between the two sides resulted in the disengagement of troops on the north and south banks of Pangong Tso, Gogra and Patrolling Point 14 in Galwan, and added, "We hope to find resolution through dialogue in remaining areas." **–PTI**

Sri Lanka PM quits as violence kills 3, injures 150

#COLOMBO

Sri Lankan Prime Minister Mahinda Rajapaksa quit on Monday, as an outbreak of political violence killed three people including an MP and wounded more than 150.

Lawmaker Amarakeerthi Athukorala from the ruling party shot two people -- killing a 27-year-old man -- and then took his own life after being surrounded by a mob of anti-government protesters outside the capital Colombo, police said.

Sri Lanka has suffered months of blackouts and dire shortages of food, fuel and medicines in its worst economic crisis since independence.

That sparked weeks of overwhelmingly peaceful demonstrations against President Gotabaya Rajapaksa, as well as his brother the prime minister.

On Monday scores of Rajapaksa loyalists attacked unarmed protesters camping outside the president's office on a seafront promenade in downtown Colombo, AFP reporters said.

The violence began after several thousand supporters of the prime minister, bused in from rural areas, poured out of his nearby official residence.

"We were hit, the media were hit, women and children were hit," one witness told AFP, asking not to be named.

Police fired tear gas and water cannon and declared an immediate curfew in Colombo, which was later widened to include the entire South Asian island nation of 22 million people.

An injured Sri Lankan Buddhist monk is being carried away after a protest outside Mahinda Rajapaksa's residence

More than 150 people were hospitalised, a Colombo National Hospital spokesman told AFP.

The army riot squad was called in to reinforce police. Soldiers had mostly been deployed throughout the crisis to protect deliveries of fuel and other essentials, but not to prevent clashes before.

"Strongly condemn the violent acts taking place by those inciting & participating, irrespective of political allegiances," President Rajapaksa tweeted. "Violence won't solve the current problems."

However, both Buddhist and Catholic leaders said the Rajapaksas were responsible for starting the violence and both should resign.

Mahinda Rajapaksa tendered his resignation as prime minister, saying it was to pave the way for a unity government.

However, the country's largest opposition party said before the clashes it would not join any government helmed by a member of the clan. The resignation of the prime minister automatically means the cabinet is dissolved, and came on the day staff-level talks with the International Monetary Fund opened on a possible bailout. President Rajapaksa has not been seen in public since tens of thousands attempted to storm his private residence in Colombo on March 31. **–AFP**

WORLD

HEALTH TIP: Pineapple's high manganese content benefits bone health. It is also high in fibre and antioxidants

With a water content of approximately 90 per cent, water melon aids in the prevention of heart disease

BangaloreMirror 9
Tuesday, May 10, 2022
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SNOOZE NOTES

Sleep: here's how much you really need for optimal cognition and wellbeing

Most of us struggle to think well after a poor night's sleep – feeling foggy and failing to perform at our usual standard at school, university or work. You may notice that you're not concentrating as well, or that your memory doesn't seem up to scratch. Decades of bad sleep, however, may potentially lead to cognitive decline.

Bad sleep also affects people's mood and behaviour, whether they are young infants or older adults. So how much sleep does our brain need to operate properly in the long term? Our new research study, published in Nature Aging, provides an answer.

Sleep is an important component of maintaining normal brain functioning. The brain reorganises and recharges itself during sleep. As well as removing toxic waste byproducts and boosting our immune system, sleep is also key for "memory consolidation", during which new memory segments based on our experiences are transferred into long-term memory.

An optimal quantity and quality of sleep enables us to have more energy and better wellbeing. It also allows us to develop our creativity and thinking.

When looking at babies three to 12 months of age, researchers have noted that better sleep is associated with better behavioural outcomes in the first year of life, such as being able to adapt to new situations or regulating emotions efficiently.

These are important early building blocks for cognition, including "cognitive flexibility" (our ability to shift perspective easily), and are linked to wellbeing in later life.

Sleep regularity seems to be linked to the brain's "default mode network" (DMN), which involves regions that are active when we are awake but not engaged in a specific task, such as resting while our mind wanders. This network includes areas that are important for cognitive function, such as the posterior cingulate cortex (which deactivates during cognitive tasks), parietal lobes (which process sensory information) and the frontal cortex (involved in planning and complex cognition).

There are signs that, in adolescents and young adults, poor sleep may be associated with changes in connectivity within this network. This is important as our brains are still in development into late adolescence and early young adulthood.

> **An optimal quantity and quality of sleep enables us to have more energy and better wellbeing. It also allows us to develop our creativity and thinking**

Disruption in this network may therefore have knock-on effects on cognition, such as interfering with concentration and memory-based processing, as well as more advanced cognitive processing.

Alterations in sleep patterns, including difficulty falling and staying asleep, are significant characteristics of the ageing process. These sleep disturbances are highly plausible candidate contributors to cognitive decline and psychiatric disorders in older people.

Getting the right amount

Our study aimed to better understand the link between sleep, cognition and wellbeing. We found that both insufficient and excessive sleep contributed to impaired cognitive performance of a middle-aged to old population of nearly 500,000 adults from the UK BioBank. However, we did not study children and adolescents, and since their brains are in development, they may have a different requirement for optimal sleep duration.

Our key finding was that seven hours of sleep per night was optimal, with more or less than that bringing fewer benefits for cognition and mental health. In fact, we found that people who slept that amount performed – on average – better on cognitive tests (including on processing speed, visual attention and memory) than those who slept less or more.

Individuals also need seven hours of sleep consistently, without too much fluctuation in duration.

That said, we all respond slightly differently to a lack of sleep. We discovered that the relationship between sleep duration, cognition and mental health was mediated by genetics and brain structure. We noted that the brain regions that are the most affected by sleep deprivation include the hippocampus, well known for it's role in learning and memory, and areas of the frontal cortex, involved in top-down control of emotion.

But although sleep may affect our brains, it could also work the other way around. It might be that age-related shrinkage of brain regions involved in the regulation of sleep and wakefulness contribute to sleep problems in later life. It may, for example, decrease the production and secretion of melatonin, a hormone that helps control the sleep cycle, in older adults. This finding seems to support other evidence suggesting there is a link between sleep duration and the risk of developing Alzheimer's disease and dementia.

While seven hours of sleep is optimal for protecting against dementia, our study suggests that getting enough sleep can also help alleviate the symptoms of dementia by protecting memory. This highlights the importance of monitoring sleep duration in older patients with psychiatric disorders and dementia in order to improve their cognitive functioning, mental health and wellbeing.

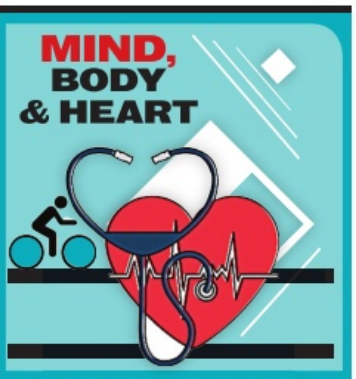
So what can we do to improve our sleep for optimal cognition and wellbeing in our daily lives?

A good start is ensuring that the temperature and ventilation in your bedroom is good – it should be cool and airy. You should also avoid too much alcohol and watching thrillers or other exciting content before going to bed. Ideally, you should be in a calm and relaxed state when you are trying to fall asleep. Thinking about something pleasant and relaxing, such as the last time you were on the beach, works for many people.

Technological solutions such as apps or wearable devices can also be beneficial for mental health as well as for tracking sleep and ensuring consistency of sleep duration.

To enjoy life and to function optimally in everyday life, you may therefore want to monitor your own sleep patterns to ensure that you are getting seven hours of sleep on a regular basis.

(By Barbara Jacquelyn Sahakian and Christelle Langley, University of Cambridge and Jianfeng Feng and Wei Cheng, Fudan University for The Conversation via PTI)



All you need to know about...

Toe deformities

What is it?
When there's an imbalance in the muscles, tendons or ligaments that normally hold a toe straight, it can become deformed and is described as a hammer toe and mallet toe, depending on the shape. These deformities usually affect the second, third and fourth toes. With hammer toe the deformity affects the middle joint, and with mallet the last joint of the toe.

Predisposing factors?
Both may be congenital, present at birth. High-heeled shoes or tight shoes can crowd your toes. This curled toe position might eventually persist even when you're barefoot. An injury to your toe makes hammer toe or mallet toe more likely. Arthritis and diabetes can make you more prone to developing foot deformities.

What's the treatment?
See a podiatrist for advice and treatment suggestions.
Change to roomier, more comfortable footwear and wear shoe inserts to reposition your toe and relieve pressure and pain.
Do exercises to stretch and strengthen your toe muscles.
If there's a tight tendon that's preventing your toe from lying flat consider surgery to release it.
In some cases, the surgeon also might remove a piece of bone to straighten your toe.

Can you prevent them?
Possibly, if you avoid pointed toe shoes and high heels.
Laced or strapped shoes are roomier and more adjustable.
Be sure to buy shoes at the end of the day when your feet are swollen.
Your feet spread and may get a size bigger as you age, so check your shoe size now and then as you get older.

—Dr Miriam Stoppard, Daily Mirror

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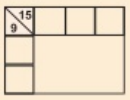
SOLVE IT IN A MINUTE

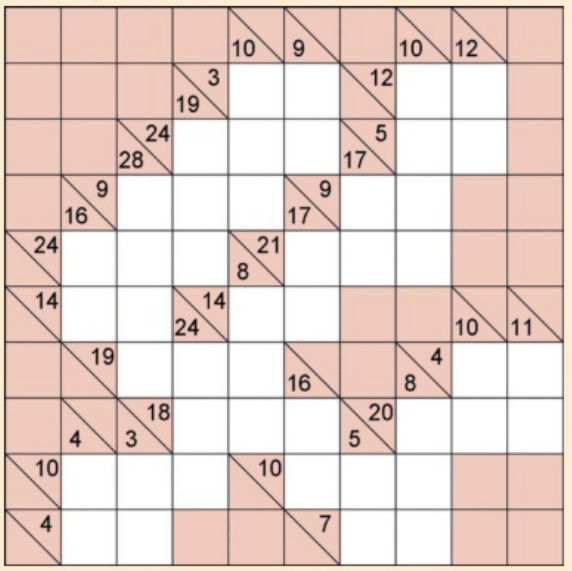
A frog has fallen into a pit that is 30 meters deep. Each day the frog climbs 3 meters but falls back 2 meters in night. How many days does it take for him to escape?

Kakuro

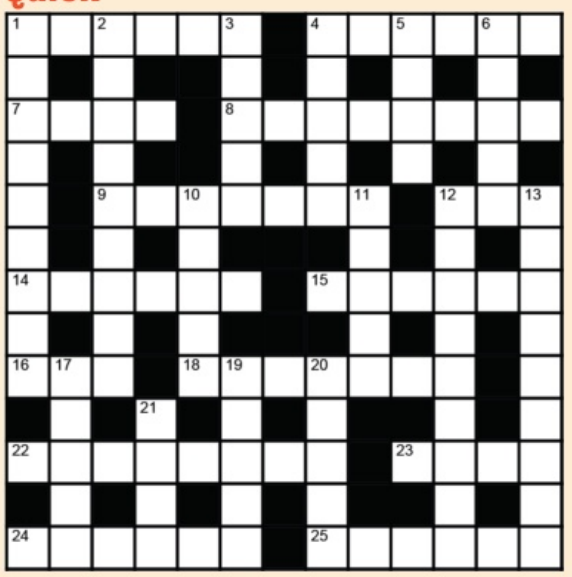
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Claptrap (6)
4 Agreed or equipped? (6)
7 Cheerio! (2-2)
8 Envy (8)
9 Displaced person (7)
12 Harem room (3)
14 Catchword or motto (6)
15 Period for a bill of exchange to become due for payment? (6)
16 Footlike organ (3)
18 Multiplex on Outer Ring Road (7)
22 Tubular pasta (8)
23 Secure a ship (4)
24 Mouths of rivers (6)
25 Clients of a hotel (6)

DOWN

1 Closes up a garment (7,2)
2 Famous but for bad deeds (9)
3 Laila's counterpart (5)
4 Blaze or fire (5)
5 Blow a horn (4)
6 Relaxed (5)
10 Former French coin (5)
11 English Derby venue (5)
12 Objectionable (9)
13 Lens openings (9)
17 Rub out (5)
19 Images or icons (5)
20 ___ out : making last longer? (5)
21 Agreement (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Q EQUALS O

AR QXN PVAIWP VQQ MAYATJE VQ QXN'P BMAXIABJNP, QXN ZQLJT USMTJE PNN SXEOQTE.

Linemaro

I can see you have a beautiful heart

Mindchow

Love does not consist of gazing at each other, but in looking together in the same direction

Joke of the day

FILMY LOGIC: A man will show no pain while taking the most ferocious beating but will wince when a woman tries to clean his wounds

Loop

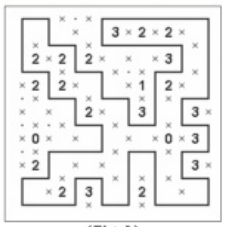
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

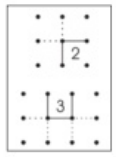
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

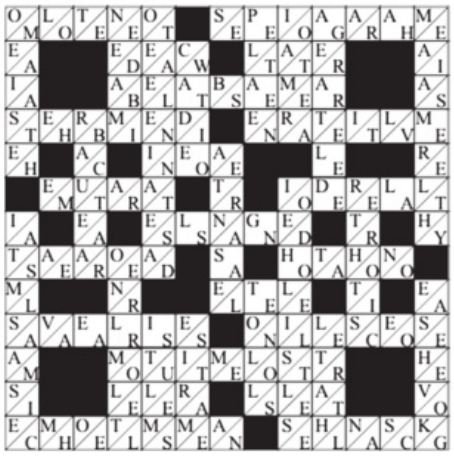


(Fig A)



(Fig B) Not Allowed

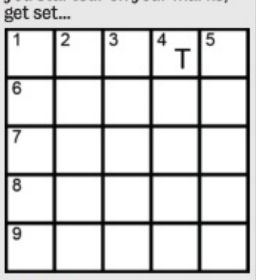
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Mt Ass; 6 Alike;
7 Glue I; 8 Leal I;
9 Racks

DOWN

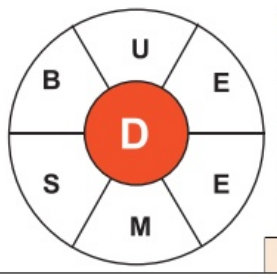
1 Gamic; 2 La Lau;
3 Rek is; 4 I talk;
5 Seles

Mensapuzzle

What numbers are represented by A, B and C?

A	B	A	B	A	23
B	C	A	A	A	20
B	A	B	C	A	24
B	A	C	C	A	21
B	B	A	A	B	27
31	24	20	21	19	

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

05 Average; 06 Good; 08 Outstanding

SudokuChallenge

2			5		4			3
9	3			6			5	7
		8				6		
6			4	1	3			2
8			6	7	9			5
		2				5		
1	7			8			3	6
3			7		5			9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 13

4 5 6 8

Medium = 11

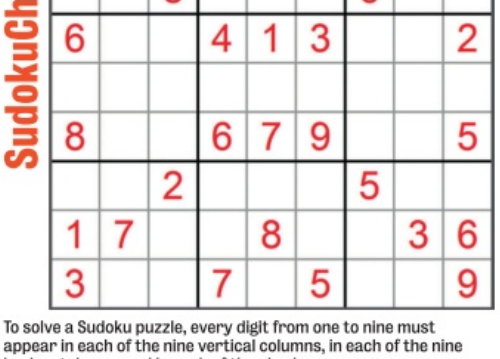
1 2 2 7

Hard = 14

2 9 9 6

Hocusfocus

Find at least six differences in details between panels.



Differences: 1. Hat is larger. 2. Bottom of lamp is not showing. 3. Ear is different. 4. Book cover is different. 5. Glasses are missing. 6. Ribbon is moved.

Riddler

Some anagrams are almost too good to be true. The letters in the capitalised words or phrases can be rearranged in delightful ways to fill the gaps! e.g. Is my lovely _____ really a WOMAN HITLER? Answer: mother-in-law

1 Someone with BAD CREDIT can still manage to pay with a _____.

2. If you missed it last time, keep waiting, for _____ SHALL YET COME!

Alpha triangle

1 Sixteenth letter
2 _for grabs
3 Monetary unit of Afghanistan
4 Group together
5 Feather
6 Tousle
7 Crush or wrinkle

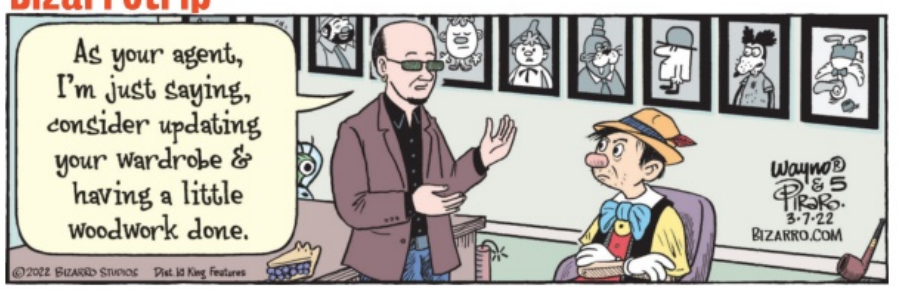
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

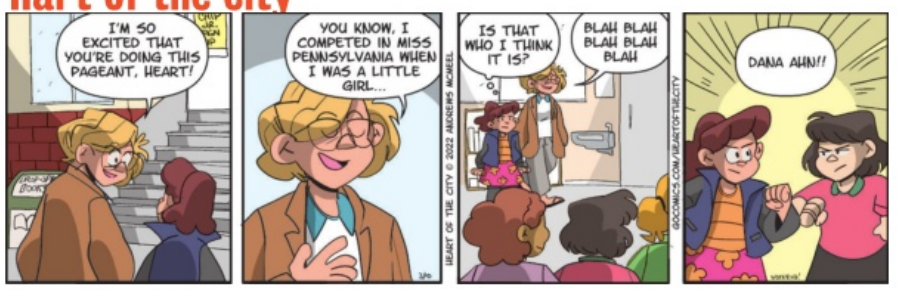
Redeye by Mel Casson

Bizarrotrip


As your agent, I'm just saying, consider updating your wardrobe & having a little woodwork done.
Wayno & Piraro 3-7-22 BIZARRO.COM

Diamond Lil

Hart of the city


I'M SO EXCITED THAT YOU'RE DOING THIS PAGEANT, HEART!
YOU KNOW, I COMPETED IN MISS PENNSYLVANIA WHEN I WAS A LITTLE GIRL...
IS THAT WHO I THINK IT IS?
BLAH BLAH BLAH BLAH BLAH
DANA AHN!!

Crankshaft

I CAN'T WAIT TO START DIGGING UP STORIES AGAIN.
THERE'VE BEEN RUMORS FOR A WHILE ABOUT SOME SHENANIGANS AT THE FIRE DEPARTMENT...
WE WERE THINKING MAYBE YOU COULD START WITH SOMETHING SMALLER, LIKE THE PTA BAKE SALE.

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, your creativity may be high; you may attend some creative event. Your money which was stuck may be recovered now. Job seekers are advised to update their knowledge. Students are advised to put in some more effort in their academics.

Taurus Apr 21 – May 20
Today, you may be busy with kid's academics; you may plan for their higher studies also. Couples may hear good news in terms of a new baby. You may think of planning for higher studies to get a promotion in the current job. Singles may find their soulmate.

Gemini May 21 – Jun 21
Today, you may escape from reality; you may not be able to fulfil your responsibilities. Your investments may give you some loss. You are advised to read documents carefully before putting your signature. Elders' health may make you upset. You may plan to reconstruct your house; it is advised to postpone renovation for a while.

Cancer Jun 22 – July 23
Today, you may help the needy; it may increase your social respect. You may also put in your hundred per cent effort in your work; it may be completed before time. You may hear some good news from your sibling. Too much work may make you tired; you are advised to avoid stress today, otherwise it can affect your professional and personal life. You are advised to meditate and fast today.

Leo Jul 24 – Aug 23
Today, you may be busy in family social and family events; you may become polite with the people around you, which may increase your image among your relatives and friends. You will spend money in buying some artefacts, other stuff which will improve your social status. You may hear some good news from one of your close relatives.

Virgo Aug 24 – Sep 23
Today, disputes with the siblings may settle down; it may boost your relationship with the siblings. Your vital force seems to be good; it may help you to complete difficult project easily. You may expand your network after a short work-related trip. You may also help some needy person; it may increase your social status.

Libra Sep 24 – Oct 22
Today, some dissatisfaction may enter your mind; you may feel lazy and dull; it will affect your speed of work. Lovebirds are advised to not avoid any important decision in terms of marriage. Job-seekers may face disappointment in terms of interviews. You will waste precious time in worthless tasks.

Scorpio Oct 23 – Nov 22
Today, you may feel dull; your focus may be lost towards your targets, you may take some decision which may be seen beyond reality. Your expectations may be very high and because of impatience, you not able to fulfil your expectations; you may be upset. You are advised to be careful on adventure tours and avoid rash driving.

Sagittarius Nov 23 – Dec 22
Today, you are likely to control your internal weakness after analysing yourself; you may be confident. You may fight against addictions of any stuff. Singles are likely to find their good match. Lovebirds will now have clarity in their relationship. You may expect some opportunity in overseas travel. Students will hear good news in terms of academics.

Capricorn Dec 23 – Jan 20
Today, you may feel better; situation may be under control. Your network may help you on the work front. You may plan for an overseas trip. This is a good time to increase domestic harmony and love. With the help of creativity, you may bring some artefacts or creative stuff for family. You may also plan for watching movies or go for outings with friends or family.

Aquarius Jan 21 – Feb 19
Today, you may get tired due to overworking. It may make you lazy and careless; you are advised to be patient. If you are planning for an adventure tour, you are advised to postpone it for a while. Your past investments may convert to dead stock. Students are advised to work hard. You may have backache, nervous system, liver-related issues and skin issues.

Pisces Feb 20 – Mar 20
Today, your creativity may be on high; you may plan to renovate your house. You may buy some stuff to renovate your house or office which may increase social status. There is likely to be some harmony with the spouse. Disputes with friends, co-workers and partners may settle down. You may get good news in terms of litigations.

KIDZONE

Kushal S Gowda, 9 Years, Cambridge Public School

Gokul P K, 9 Years, DAV Public School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
28 days because if the frog climbs 3m during the day and falls 2m during the night it means it will take 27 day and night to climb 27m, then on the 28th day, the frog will climb the remaining 3m and will not be able to fall back because it is already out of pit

RIDDLER 1. Debit Card, 2. Halley's Comet

FAST FIVE

M	A	S	T	S
I	L	E	A	L
A	L	K	I	E
G	U	I	L	E
C	A	R	K	S

BULL'S EYE
BEMUSED, deem, dumb, mused, seed, sued, suede, used

STRIKE OUT

M	O	T	E	T	■	E	P	I	G	R	A	M	■	■
E	■	D	A	M	■	L	A	R	■	I	■	■	■	■
■	A	L	A	B	A	M	A	■	S	■	■	■	■	■
T	E	R	M	E	D	■	N	A	T	I	V	E	■	■
H	■	A	■	N	E	■	E	■	R	■	■	■	■	■
■	E	T	A	T	■	R	■	I	D	E	A	L	■	■
I	■	E	■	L	A	N	D	■	T	■	Y	■	■	■
S	E	R	E	D	■	S	■	O	T	H	O	■	■	■
L	■	N	■	E	E	L	■	I	■	A	■	■	■	■
A	V	E	R	S	E	■	N	I	E	C	E	S	■	■
■	O	U	T	M	O	S	T	■	H	■	■	■	■	■
G	U	I	L	E	■	L	E	R	■	S	E	A	■	O
A	L	K	I	E	■	D	A	M	■	L	A	R	■	I
M	A	S	T	S	■	E	L	A	S	E	A	■	S	H	A	C	K
C	A	R	K	S	■	C	H	E	L	S	E	A	■	S	H	A	C	K

QUICK

B	U	N	K	U	M	■	F	I	L	T	T	E	D	■
U	■	O	■	A	■	L	■	O	■	A	■	■	■	■
T	O	■	N	■	R	■	T	■	E	■	■	■	■	■
T	A	T	A	■	J	E	A	L	O	U	S	Y	■	■
O	■	R	E	F	U	G	E	E	■	O	D	A	■	■
N	■	I	■	R	■	P	■	B	■	P	■	■	■	■
S	L	O	G	A	N	■	U	S	A	N	C	E	■	■
U	■	U	■	N	■	O	■	O	■	R	■	■	■	■
P	E	S	■	C	I	N	E	M	A	X	■	T	■	■
R	■	P	■	D	■	K	■	I	■	U	■	■	■	■
A	R	O	M	A	■	O	N	I	■	M	O	O	R	■
M	A	C	A	R	O	N	I	■	U	■	■	E	■	■
■	S	■	C	■	L	■	N	■	U	■	■	■	■	■
E	■	D	E	L	T	A	S	■	G	U	E	S	T	S

MENSA PUZZLE
A is 3, B is 7, C is 4
There are several solutions; for example, in the last vertical column A cannot be 5, 6, 7, 8 or 9.

QUOTE UNCODE
If one sticks too rigidly to one's principles, one would hardly see anybody.

SUDOKU

2	6	7	5	9	4	8	1	3
9	3	4	8	6	1	2	5	7
5	1	8	3	2	7	6	9	4
6	5	9	4	1	3	7	8	2
7	4	3	2	5	8	9	6	1
8	2	1	6	7	9	3	4	5
4	9	2	1	3	6	5	7	8
1	7	5	9	8	2	4	3	6
3	8	6	7	4	5	9	2	1

ALPHA TRIANGLE
P, Up, Pul, Lump, Plume, Rumple, Crumple.

GO FIGURE
Easy
8 + 6 + 4 − 5 = 13
Medium
2 × 2 × 1 + 7 = 11
Hard
2 + 9 − 6 + 9 = 14

LOOP

KAKURO

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Mind your accent?

Deepika reveals her fear while stepping into B-Town

Deepika Padukone is one of the leading actors in Bollywood today, but according to her latest interview, the actor worried about being 'written off' because of her South Indian accent.

The star who was featured in the latest edition of Vogue India, revealed that coming from a sports background, with an accent that was initially 'frowned upon'. "My South Indian accent was also frowned upon and I initially worried about being written off because of it," she said.

She was also asked to share her thoughts about being credited as one of the actors bringing about change in the way cinema portrays women on-screen. "If any praise for that change, no matter how big or small, comes my way, I will take it," Padukone said.

Deepika also opened up about her fight to get to the top and taste success as one of the country's leading female icons. She said, "I do see the obvious disparity between men and women in almost any aspect of life, but never in my journey have I felt the need to compare."

The star even touched upon the changes she can now bring about in the industry, thanks to her success as an actor and producer. "As an outsider to the industry, I inadvertently ended up becoming an observer, which I believe has enabled me to change the status quo. Earlier, I probably didn't have the confidence or the clout to be able to effect change, but the desire for it was always there."

Besides making a mark in Bollywood, Deepika is also making inroads into Hollywood. After her big international break with 'xXx: Return of Xander Cage', the actor announced last year that her next project would be a sweeping cross-cultural story. When speaking about the kind of stories she wants to tell her global audience, she said, that 'diversity' and 'inclusive' casts often feels like "a box to be ticked." She explained, "Right now, the conversation around diversity in Hollywood is surface-level. The minute you have a Black or Asian actor, it's considered 'diverse casting'. But we have a long way to go before we start seeing substantial change."

—ETimes

Put a ring on it

Wedding season has officially kick started in Bollywood and seems like Sonakshi Sinha has joined the bandwagon, or at least she is cashing in on the trend for her latest announcement. Speaking about her 'Big Day', the actor shared a series of pictures on Instagram, showing off a huge rock in her ring finger and posing with a mystery man.

"BIG day for me!!! One of my biggest dreams is coming truuuue… and i cant wait to share it with YOUUUU Cant believe it was SO EZI!!!!" wrote Sonakshi Sinha with a series of hearts. Her post was soon flooded with a whole lot of love. All her captions spoke about 'SO EZ', which made a few netizens wonder if this was some publicity gimmick for her next endorsement or professional assignment.

Previously, rumours were rife that Sonakshi Sinha is dating actor Zaheer Iqbal. Reacting to the same, Sonakshi had told BT, "Zaheer is like my best friend. We laugh off this news because it is very funny. We have worked in Double XL together. I really appreciate him as an actor. I think he was very good in his first film, Notebook. His role in Double XL is drastically different from what he did in his debut film. I think he is very talented and definitely someone to watch out for."

—ETimes

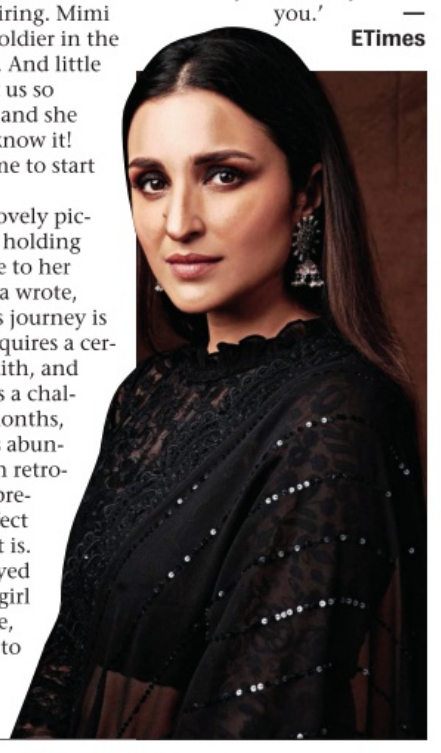
Parineeti is all praise for soldier mommy

Aunt Parineeti Chopra is on cloud nine after her niece Malti Marie has come home after spending more than 100 days in the hospital. The actress recently commented on Priyanka Chopra and Nick Jonas' first picture with their daughter.

Commenting on Priyanka's post, Parineeti revealed how the '7 Khoon Maaf' actress was like a soldier at the hospital after the premature birth of her bundle of joy. She wrote, 'Seeing the both of you like this the last three months has been both hard and inspiring. Mimi didi - I saw a soldier in the hospital - You. And little BD has taught us so much already and she doesn't even know it! Chalo now time to start spoiling her.'

Sharing a lovely picture of herself holding her angel close to her chest, Priyanka wrote, 'Every family's journey is unique and requires a certain level of faith, and while ours was a challenging few months, what becomes abundantly clear, in retrospect, is how precious and perfect every moment is. We are overjoyed that our little girl is finally home, and just want to thank every Doctor, nurse and specialist at Rady Children's La Jolla and Cedar Sinai, Los Angeles, who were there selflessly every step of the way. Our next chapter begins now, and our baby is truly a badass. Let's get it MM! Mommy and Daddy love you.'

—ETimes



Sai Pallavi drops an update

On her 30th birthday, actress Sai Pallavi took to social media to announce an exciting update that she teased a few days ago.

The 'Fidaa' actress has released the first trailer for her upcoming film titled 'Gargi'. The behind-the-scenes video for the film, directed by Gautham Ramachandran of 'Richie' fame, gives a glimpse into the upcoming project.

Sai Pallavi looks stunning in the video and also dubs in Kannada for this multilingual film. Sharing the same, Sai Pallavi wrote, "I waited months to talk about this film, And finally!!! my birthday is when the stubborn team decided to give in and release this Presenting to you, GARGI, @prgautham83 's brain child! (sic)".

'Gargi' is produced by Ravichandran Ramachandran, Aishwarya Lekshmi, Thomas George, and Gautham Ramachandran.

—IANS